

Pilates Exercise List

Supine

Hundreds
Table Top
Single Toe Taps
Double Toe Taps
Single Leg Stretch
Single Straight Leg Stretch
Double Leg Stretch
Scissors
Single Leg Circles
Frog
90 degree hold
45 degree hold
Criss-Cross
Roll up
Windshield Wiper
Corkscrew

Bridge
Leg pull up

Seated

Half Roll Down
Rolling
Rolling Like a Ball
Open Rocker
Saw
Twist
Spine Stretch
Mermaid
Can Can
Seal

Side Kick Series

Up and Down
Front and Back
Side Leg Circles
Inside Leg Lift
Inside Leg Circles
Bottom to Top
Clam
Bicycle

Prone

Shell
Plank
Down Dog
Cat
Cat with Balance
Hover
Leg Pull Front (plank)
Leg Up and Down
Leg In and Out (plank)
Balancing Push up
Prone Leg Raises
Prone Leg Beats
Swimming
Superman
Swan
Bow